

GOLDEN GATE DISTRICT NO. 21

# Ahepa Traveler



CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

Volume 73, No. 1

OFFICIAL PUBLICATION OF DISTRICT 21 - EST. 1950

Spring/March 2023



GOLDEN GATE DISTRICT 21 2023  
AHEPA FAMILY ANNUAL CONVENTION  
FRIDAY, JUNE 9 TO  
SUNDAY, JUNE 11, 2023

STOCKTON HILTON HOTEL  
STOCKTON, CALIFORNIA

See page 7



AHEPA FAMILY ANNUAL  
SUPREME CONVENTION 2023  
SUNDAY, JULY 23 TO  
SATURDAY 29, 2023

BALLY AND PARIS HOTELS  
LAS VEGAS, NEVADA

See page 5 for hotel reservations

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Article III – This Order shall be non-partisan in politics and non sectarian in religion. All partisan political and all sectarian religious discussions are prohibited in any official deliberations thereof.

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**ARTICLES FOR  
 SUMMER ISSUE  
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**PUBLISHING SCHEDULE  
 JUNE 1, 2023**

Have Ritual Manual . . .  
 Will Travel



**Can Do:**  
 Installations  
 Initiations  
**Seminars:**  
 Chapter Duties  
 Membership Drives  
 Charity Raffles  
 Rituals

“YOUR FULL SERVICE . . .  
 DISTRICT 21 LODGE”

**Call: 650 868-2402**

**2022-2923  
 - AHEPA DISTRICT LODGE -  
 ahepa21.org**

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**SILICON VALLEY CHAPTER 251**

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**RENO CHAPTER 281**

John P. Lagios

**SAN MATEO CHAPTER 382**

Leonidas H. Maheras

**2022-2923  
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 dop21.org**

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**OAKLAND ECHO 4**

Emilene Fearnle

**SACRAMENTO ARTEMIS 5**

Pauline A. Cazanis

**STOCKTON SPARTA 18**

Katherine Leles

**SAN JOSE DAPHNE 29**

Joanna Dunn

**MODESTO PHAEDEA 64**

Aliki Alexander

**FRESNO LETO 71**

Madelyn Jones

**RENO ELIS 89**

Yurie Pauls

**SAN MATEO URANIA 290**

Claire M. Gagag

**WALNUT CREEK HARMONIA 357**

Margo Drosos

## *AHEPA District 21 Governor's Message*



Dear Golden Gate District 21 AHEPA Family,

I am wishing everyone a Happy and Healthy New Year!

We held our annual conference in San Jose and we had a very good turnout considering the weather was not cooperating. We had the Supreme Governor, Alex Mallas attending as well as the Son of Pericles Supreme Secretary Alex Houvardas and many PDG's. Thank you to the Chef's for a wonderful Lunch.

We touched on a variety of subjects, one which is the Hellenic History Tournament that we are preparing to start this upcoming District convention. The Lodge can do a presentation at your meeting if you want to see how it works. We are finishing our St Nicholas ranch project and need to finish our fund raising by June so we can move on to our next project. Dogs for wounded warriors has become more efficient and costs have dropped dramatically. Scholarships applications are now on line at our [AHEPA21.org](http://AHEPA21.org) website or from your chapter scholarship chairman.

The Sacramento AHEPA Family has taken on our District Convention which will be held in Stockton as we feel Stockton is right in the middle of our district and easy to get to. Dates are June 8-10. The National Convention will

be held in Viva Las Vegas at the Paris July 23rd to the 29th. They are accepting Hotel reservations.

I have approached many friends lately and they are more receptive to joining AHEPA. Ask them to join. People are looking to be social again.

As Scholarship chairman I am asking our chapters and members to donate to our scholarship fund as we need to determine how many scholarships we can fund this year. All donations are tax deductible as we have 501-C3 tax status.

I went to our Fresno chapter for a visitation, probably the first in a few years in person and I was very impressed on how they conducted their meeting.

I attended the Modesto Ahepa Family crab feed with the DOP Dist. Governor and was very pleased to see a vibrant, well attended event put on by the brothers and Sisters of Modesto. I even won a raffle prize.

We need to spread the word that AHEPA is still relevant after 100 years and is growing around the world.

I look forward to visiting our last few chapters on the schedule and seeing everyone in Stockton for our convention.

Fraternally,  
Chris Frangos  
District 21 Governor



## Daughters of Penelope District 21 Governor's Message



Dear AHEPA Family,

I hope you are doing well! Time has flown as we have celebrated the holidays and the New Year, and we are now moving into Great Lent.

I just returned from FDF in Phoenix. It was a wonderful time watching our youth celebrate their Greek heritage through the beauty of Dance. I am so thankful for all the

wonderful dance directors and everyone involved in this event – especially all the dancers who performed with joy and kefi! I also had the pleasure of seeing some of our DOP Sisters and Brother AHEPANS there. It was a great time of community!

### Visitations

- In December, Chris Frangos, AHEPA District Governor, Kalliope Fousekis, PDG, and I had the honor of visiting Artemis #5 in Sacramento for a wonderful Christmas Luncheon and meeting, held in conjunction with the Sacramento AHEPA Chapter #153. Many thanks to Sister Jan Spanos, PGP, for her generosity in hosting us. Toys were collected during the luncheon and given to Shriners Children's Hospital.
- I also enjoyed visiting Fresno for a meeting and beautiful luncheon put on by our Leto #71 Sisters. It was great to hear about their projects such as an upcoming family dinner/Bingo night and to see the wonderful bookstore they run as a service to the church. We also had a joint meeting with our Fresno AHEPA brothers.
- AHEPA DG, Chris Frangos and I enjoyed attending the wonderful Modesto AHEPA Family Crab Feed on February 11th!
- Due to storms, we have had to postpone several visitations, I will be finishing up by visiting Echo #4, Oakland, Harmony #367, Walnut Creek, EOS #1, San Francisco and Phaedra #64, Modesto. I will look forward to meeting all these Sisters in due time!

### 2023 Daughters of Penelope District Scholarship is Open – Application Deadline April 1st

The updated 2022 Scholarship Application is on our dop21.org website Please spread the word to the high school seniors and college students who have an affiliation with DOP or AHEPA.

Please consider donating to our Memorials and Tributes, which help fund our scholarships. You can

give any amount and/or fund an entire scholarship in honor of a special person or in honor of your chapter. It is also a wonderful way to honor the memory of a loved one who has passed. Please use the Memorials and Tributes form and contact District Marshal, Angie Legakis for more information.

### 2023 District Conference

We had a great District Conference on January 14th hosted by our Sisters of Daphne #29 and Silicon Valley AHEPA #251 at St. Nicholas Church in San Jose. We all enjoyed their wonderful hospitality.

Our honored guests included Grand President, Georgette Boulegeris and Grand Governor, Zone IV, Robbie Jackson. We had a joint meeting with AHEPA where we heard about the Hellenic History Tournament that will be piloted at the District Convention, and hopefully ongoing in the future.

Sister Foula Vasilogiorgis, PDG, provided a report on the remainder of our obligation to the St. Nicholas Ranch project. We hope to have the project finished this year, so we can focus on other causes.

Grand President Georgette and Grand Governor Robbie Jackson gave us some fresh inspiration for our work, and it was our pleasure and honor to have them in attendance.

### DOP District Online Bingo Tournament – Friday, March 17th

Sparta #18, Stockton, has generously offered to host their annual online Bingo tournament as a District Fundraiser this year. The event will be held March 17th, and a flyer is included in this issue of the Traveler. Please join us for this important fundraiser which will help raise money for the St. Nicholas Ranch project and for our DOP Scholarships. ALL ARE WELCOME!! Please invite friends! ☐

As a District, we need to provide prizes. Please let me know if your chapter can contribute some \$ or a gift card towards our prizes. This will be a really fun event, so let's all participate and tell our friends!

### San Jose Crab Feed – Saturday, March 18th

On Saturday, March 18th, Daphne #29 and Silicon Valley AHEPA will be hosting a Crab Feed Dinner and honoring the wonderful Bill Christie, a Life member of AHEPA, who has been dedicated to (among other things) the AHEPA Traveler for many years.

### Greek Independence Day Celebration Wednesday March 22, 2022 at 5:00 pm

On behalf of San Jose City Councilmember Pam

Foley and in partnership with the Order of AHEPA and Daughters of Penelope, we are invited to the City of San Jose's Greek Flag Raising Ceremony in honor of Greek Independence Day, commemorating the start of the War of Greek Independence in 1821.

**District Convention – June 8 – 10th**

Our Annual District Convention will be held at the Stockton Hilton, June 8th through 10th, hosted by Artemis #5 and Sacramento AHEPA Chapter #153. We will be awarding our District Scholarships at the Saturday night Banquet/Glendi. Mark your calendars now and there will be more information soon!

I am so happy to see the recent growth spurt among many of our chapters who are increasing their membership and welcoming new Sisters. When you initiate a new sister, please let me know, as our Grand Vice President Marianthi Treppiedi, would like to send

them a welcome card.

Let's continue to think creatively to raise needed funds for our causes. I also hope to see as many Sisters (and Brother AHEPANS) as possible at our District Conference in June. It is a time of learning from each other, sharing ideas and getting work done to move our organizations forward. It is also a time to have a bit of fun spending time with old friends and meeting new ones.

In collaboration with GP Georgette Boulegeris, let's utilize the "Power of WE" to support each other and accomplish great things.

Wishing you all a blessed Great Lent. Καλή Σαρακοστή.

Love in Theta Pi,  
Alicia Frangos  
District 21 Governor




*Councilmember  
Pam Foley Presents*

## Greek Independence Day Flag Raising

**Wednesday, March 22 | 5 pm**  
**San José City Hall West Plaza**  
200 E. Santa Clara St. San Jose, CA 95113

Reception on the City Hall Tower 17th floor immediately following the ceremony compliments of the Order of AHEPA & Daughters of Penelope San Jose Chapters

COUNCILMEMBER

**PAM FOLEY**

CITY OF SAN JOSE



CITY OF  
**SAN JOSE**  
CAPITAL OF SILICON VALLEY

For more information, please contact: [claire.bang@sanjoseca.gov](mailto:claire.bang@sanjoseca.gov) or (408) 535-4909

# Get your Irish on with the DOP!!

District 21 Virtual Bingo Night  
hosted by DOP Sparta #18



**March 17, 2023 @ 6:30 pm (PST)**

Proceeds will go towards the St. Nicholas  
Ranch Renovation Project & DOP  
District 21 Scholarships



**JOIN THE AHEPA FAMILY FOR OUR 101ST ANNUAL SUPREME CONVENTION IN LAS VEGAS, NEVADA THIS JULY! WE HAVE AN EXCELLENT WEEK IN STORE FOR YOU SO BOOK YOUR HOTEL ROOMS EARLY!**

**HORSESHOE - \$69 WEEKDAYS (MONDAY-THURSDAY) & \$99 WEEKENDS (FRIDAY-SUNDAY)**

**PARIS - \$99 WEEKDAYS (MONDAY-THURSDAY) & \$129 WEEKENDS (FRIDAY-SUNDAY)**

**ALL RATES ARE SUBJECT TO TAXES PLUS A \$25 RESORT FEE**

**ANYBODY BOOKING OUTSIDE OF THE AHEPA BLOCK IS CHARGED A \$45.95 RESORT FEE**

**VISIT [HTTPS://BOOK.PASSKEY.COM/GO/SPAHE3](https://book.passkey.com/go/spahe3) TO BOOK YOUR ROOM NOW!**



**IF YOU PREFER TO CALL TO MAKE YOUR RESERVATION:  
877.603.4390 (HORSESHOE)  
702.946.7000 (PARIS)  
ASK FOR THE AHEPA RATE!**

**MEETINGS WILL BE TAKING PLACE IN THE HORSESHOE CONVENTION SPACE. THE TWO HOTELS ARE CONNECTED.**



## SCHOLARSHIP SEASON HAS ARRIVED

### AHEPA District Scholarship Foundation

Applications/Information are available from your chapter and on the District website:  
[ahepa21.org/](http://ahepa21.org/)

### Daughters of Penelope District Scholarship

Applications/Information are available from your chapter and on the District website:  
[dop21.org/scholarships](http://dop21.org/scholarships)

### National AHEPA and Daughters of Penelope Scholarships

Scholarship applications will be available starting January 2023 on their respective websites: [ahepa.org](http://ahepa.org) and [daughtersofpenelope.org](http://daughtersofpenelope.org).

#### **Scholarship applicants consider the following:**

**Qualities we admire in students.** We strongly recommend all students to take one or more courses in the “classics” in order to understand their historical context as they relate to current events.

**Academic Excellence.** Higher grades help show us that you’re taking your future seriously and putting in the effort.

**Cultural Appreciation.** It is our organization’s belief, that the Hellenic or Classical Studies programs on college campuses are of great value.

**Extracurricular Activity.** Having a “work-life” balance during your professional career is important which is why balancing responsibilities outside of school shows us you’re on the right track

**Volunteerism.** Philanthropy and self sacrifice are attributes in the lives of those who leave well respected legacies.

*“We Are What We Repeatedly Do. Excellence Then, Is Not An Act, But A Habit.” - Aristotle*

## AHEPA STUDENT PROGRAMS

Visit [ahepa.org](http://ahepa.org) for more information about these student programs.

### Washington Mentorship AHEPAcademy

Professional development program that educates, mentors, and networks exceptional Greek-American high school students as they progress through their high academic and professional careers.

### Summer Excursion Journey To Greece

Immersive summer program that takes young students on excursions throughout Greece in order to learn about, appreciate, and celebrate Greek society and culture.

### Study Abroad Odyssey In Athens

Students choose to spend either a semester or full year studying abroad in Athens Greece. The school and apartments are located in the Plaka area at the base of the Acropolis.

### Master’s Program MBA Program

Webster University, through its Athens campus, is proud to offer for one time only its Higher Learning Commission [HLC], USA accredited Master of Business Administration in collaboration with AHEPA.



## District 21 Young Scholars win AHEPA National Educational Foundation 2022-23 Scholarships

Please join us in congratulating two of our young District scholars, Marika Alexander of Roseville and Dimitri Stamos of Modesto. Marika and Demetri are two of the 21 recipients of the AHEPA National Educational Foundation 2022-23 scholarship awards. Award recipients come from all over the US, Greece, and Cyprus, but only three are from the West of the Mississippi. In addition to the National awards, Marika and Demetri also received Scholarship awards from our District.

**Marika Alexander** is pursuing her undergraduate degree at San Diego State University with a future goal of obtaining a master's degree in Kinesiology and pursuing a career in physical therapy. She has a GPA of 3.92 and was on the Dean's Honor list in the Fall of 2021 and Spring of 2022. Marika is also an Alpha Gamma Delta sorority member and is on the Executive Board as a Vice President of Chapter Wellness. Her volunteering throughout high school displays a strong sense



of compassion and active involvement in her community. She cites her motivation and desire to give back to the people of her community as a driving force in her professional goals.

Marika is the daughter of the Sacramento AHEPA Chapter President, Nick Alexander.

**Demetri Stamos** attends UC Santa Barbara. After his first quarter, he discovered a new passion for Economics and ended up switching his major to study in this field. He also studied Modern Greek in his first semester and started a Greek club on campus with his classmates. His instructor wrote him a glowing letter that mentions his "collaborative spirit" and "great enthusiasm and extreme dedication," which helped him acquire the language and encourage his classmates in their Greek language and culture studies. Demetri has been active in his church throughout his life, serving the altar, engaging in multiple Greek youth groups, and participating in Greek dance as a dancer and instructor.



Demetri is the grandson of James Stamos, an AHEPA brother for 44 years from Modesto, who sadly passed in 2019.



**91<sup>st</sup> District Convention**  
**June 9<sup>th</sup> – June 11<sup>th</sup> 2023**  
**Stockton Hilton**



**Hosted by the Sacramento AHEPA & DOP Chapters**

**Details to follow soon**



## **AHEPA GOLDEN GATE DISTRICT 21 EDUCATIONAL FOUNDATION**

Dear AHEPA Family of District #21,

Please consider a donation to our AHEPA District 21 Educational Foundation this year and receive a tax deduction as we are a 501(c)(3) tax exempt organization.

Also we would like to ask you to consider bequeathing to our Foundation as part of your estate planning. We would like to increase our Scholarship Awards as costs for students have skyrocketed.

We are considering sponsoring the AHEPA Journey to Greece program for our District youth.

At the Conference in San Jose we will present the Hellenic History Tournament program that I would like to finance through our Foundation. This requires us to step up our funding of the Foundation.

Consult your tax consultant for the benefits of a donation and/or a bequeath to our Foundation.

Donations can be mailed to:

AHEPA FOUNDATION  
% Chris Frangos  
P.O. Box 447  
Millbrae , CA. 94030

Thank you,  
Chris Frangos  
AHEPA Educational Foundation Chairman

## Golden Gate District 21 Conference - January 14, 2023

Golden Gate District held its 2022-2023 Conference at the San Jose St. Nicholas Greek Orthodox Church Community Center. The conference was hosted by the AHEPA Silicon Valley Chapter #251 and Daughters of Penelope Daphne Chapter 29 of San Jose.

The Conference was well attended, despite the terrible weather conditions. The District Lodges and many Chapter members were present. In addition we welcomed Daughters of Penelope Grand President Georgette Boulegeris, AHEPA Supreme Governor Alex Mallas, Daughters of Penelope Grand Governor Robbie Jackson and Sons of Pericles Supreme Secretary Alexander Houvardas.

A constructive time was had learning and sharing issues, projects, plans and goals of Global AHEPA and District 21 Families.



District 21 Governors  
Alicia and Chris Frangos



Grand President  
Georgette Boulegeris



San Jose Chapter Presidents  
Joanna Dunn and George Zioulas



Seated: Lorraine Hilty, Daphne MOA Advisor and Daughter of the Year, GP Georgette Boulegeris, DG Alicia Frangos, GG Roberta Jackson. Standing: Laurie Sahines, PDG, Dist. Secretary; Christina Longinidis, Urania Treasurer; Kalliope Fousekas, PDG, Urania; Angie Legakis, Dist. Marshal; Athena Hallock, Dist. Treasurer; Kassandra Skordilis, Daphne; Foula Vasilogiorgis, PDG, President EOS; Eva Skoufis, EOS; Demitra Sperow, Urania; Joanna Dunn, President Daphne; Claire Gagag, President Urania; Vaso Moulas, EOS; Marion Parashis, EOS; Christi Tsipalacos, EOS.

# Golden Gate District 21 Conference - January 14, 2023, *Cont'd*



Daughters of Penelope District Lodge with grand officers: Linda Belba, District Advisor and MOA Advisor; Robbie Jackson, DOP Grand Governor; Alicia Frangos, District Governor; Georgette Boulegeris, DOP Grand President; Laurie Sahines, District Secretary; Athena Hallock, District Treasurer; Angie Legakis, District Marshal.



At the Conference, District Governor Chris Frangos presented Dr. Vassilis Zarifis the AHEPAN of the year award. Brother Vassilis, the Silicon Valley Chapter Secretary, and the District's Warden won the award for two consecutive years, 2021 and 2022.



Past District Governors  
Vlasis Fousekis and Nick Pries



Sons Supreme Secretary  
Alexander Houvardas



PDG Vlasis Fousekis and  
Andrew Ganetsos



Chapter 251 President George Zioulas,  
District Warden Vassilis Zarifis and  
District Secretary George Koumis



Daphne Luncheon Servers: Lorraine Hilty, Cassandra Skordillis, Linda Belba and Laurie Sahines



# HELLENIC HISTORY TOURNAMENT

Jeopardy-style tournament for High School students (8<sup>th</sup> - 12<sup>th</sup> Grade)

3-member teams compete in a double-elimination format

## PRIZES

Winning team: \$1000\*

Runner-up team: \$500\*

\* per team member

1<sup>st</sup> & 2<sup>nd</sup> teams go to the National tournament for higher prizes

Questions are from the 'Hellenika' book by Peter Limber

Topics cover all periods

from antiquity to modern times

Book provided upon registration

Students can participate for multiple years

email: [ahepadistrict21@gmail.com](mailto:ahepadistrict21@gmail.com)

## Silicon Valley Chapter 251 - San Jose

AHEPA Silicon Valley Chapter gave a charitable donation to the Airmen Families of the Air National Guard stationed at Moffett Field, CA. The check for \$500 was presented to them by our Vice President Mike Frangadakis, a Veteran and member of the California National Guard himself. They were extremely appreciative of our generous donation and presented us with the certificate below



Chapter Vice President Mike Frangadakis receiving check for \$500 from Chapter President George Zioulas along with Chapter Secretary Vassilis Zarifis.



# Daughters of Penelope San Jose Daphne Chapter #29

## Charity Walk

Daughters of Penelope held their round trip Charity Walk from Saint Nicholas Church to the San Jose Municipal Rose Garden, about two miles, on November 20, 2022.



President Joanna Dunn remarked “Although the turn out was lower than we had hope for we were able to raise \$1,300.00 in donations.” 25 percent will be awarded to the DOP Charitable Foundation and 75 percent will be awarded to IOCC towards Ukraine Relief.



## New Members

We are pleased to announce that we have 6 new members. We welcome sisters Sofia Kotsiri, Penny Pagonis, Georgia Douveas, Kiki Fkiaras Magnuson, Helen Valaveris and Catherine Pappous.



Pictured members and new some new members from the left: Daphne President Joanna Dunn, Jacqui Argyres, new members Georgia Douveas, Penny Pagonis and Sofia Kotsiri followed by Linda Belba and Cathy Photopoulos.

**Daughters & Sons**  
OF PENELOPE OF PERICLES  
**COOKBOOK**

AN AHEPA FAMILY COMPILATION

After months of anticipation, the collaboration between the Sons of Pericles and Daughters of Penelope is finally here! The cookbook is currently available for digital download only, but will be available for purchase as a printed book in upcoming months. Thank you to everybody who contributed to this project and made it possible! Only \$10

**To purchase go to:**  
<https://www.sonsofpericles.org/shopcookbook>

## Sacramento Christmas Luncheon & Life Status Award



The Sacramento AHEPA and Daughters of Penelope Chapters had their annual joint Christmas luncheon at a local restaurant on December 10th, 2022. Approximately 40 Brothers and Sisters attended the event. As in every year, the Chapters collected toys and gifts that were donated to Shriners Hospital. After the luncheon, the Chapters had separate District Lodge visitation meetings. District Governors Chris & Alicia Frangos and District Marshal George C. Buck traveled to Sacramento to participate in the luncheon and the meetings. District Lt. Governor Mark Hallock and Secretary George Koumis were also present.

During the Christmas Luncheon, DG Frangos awarded Brother John Fotopoulos his Life Status award certificate signed by Supreme President Jimmy Kokotas and the 50-year service pin.



# Modesto Crab Fest - February 11, 2023



Pictured Clockwise: • Crab Fest Guests • • Chris Frangos & Demos Papadopoulos •  
• Aliko Alexander & Alicia Frangos • • Alicia Frangos, Mary Gavrilis, Chis Frangos, Tom Chiarchianis •  
• Chris Frangos, Mike Stathoudakis, Demos Papadopoulos •  
• Robert Sexton, Mary Gavrilis, Helen Sexton, Tom Chiarchianis & Stamus Cocolos •





# Ahepans and Daughters at FDF - Phoenix, AZ Feb 17-20, 2023



Pictured Clockwise: DG's Alicia and Chris Frangos - Chris Frangos and George Papangellin  
 Alicia Frangos, Athena Frangides, Kalliope Fousekas, Lorraine Hilty  
 Alicia Frangos, Athena Frangides, Kalliope Fousekas, Laurie Sahines, Lorraine Hilty



**SAN JOSE AHEPA FAMILY**

# CRAB FEED

**HONORING LONGTIME COMMUNITY LEADER  
BILL CHRISTIE**



## MENU

**Crisp Caesar Salad  
Delicious Ravioli with Marinara Sauce  
Fresh Dungeness Crab  
Warm Garlic Bread  
Scrumptious Dessert  
plus all the condiments and  
a bottle wine at each table**

**Live Greek Music  
and Dancing**

**Fabulous  
Raffle**

**Reserve a table of 8 or 10 (must be prepaid)**



**Come Join Us!**

**Saturday, March 18, 2023**

**Bring your friends  
& family**

**Adults \$75  
Youth 18 and under \$30**

**You don't want to  
miss the crab!**

**6:00 pm Cocktails  
Cash Bar  
7:30 pm Crab Dinner**

**Casual Dress**

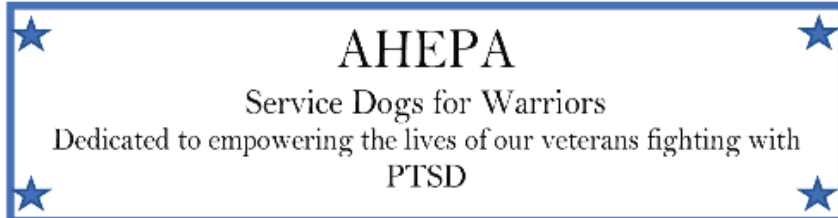
**Saint Nicholas  
Greek Orthodox Church  
Community Center  
1270 Davis Street  
San Jose**

**To Purchase Tickets**

**\* Online Link or QR Code  
[https://sites.google.com/view/ahepac251/  
home/chapter-crab-feed-event](https://sites.google.com/view/ahepac251/home/chapter-crab-feed-event)**

**\* By Phone or Email  
Linda Belba cell: 408 234-9226  
ljbelda@gmail.com  
Vassilis Zarifis cell: 650 796-9710  
ahepa.c251@gmail.com**

**\* At Church Coffee Hour  
on Sundays**



## PAW PATROL NEWSLETTER

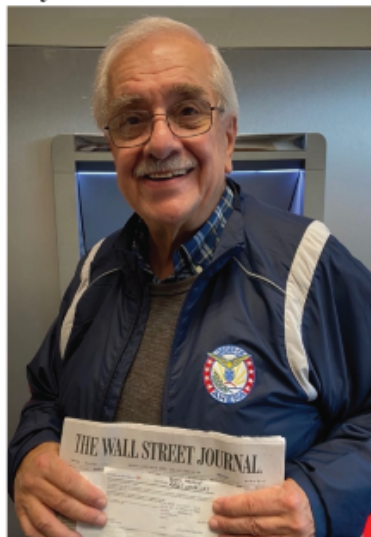
January 2023

Happy New Year to All!



The year 2022 has enabled AHEPA Service Dogs for Warriors (ASDW) many new donors and sponsors. ASDW has reached one million dollars in funds and have assisted over 100 veterans in need with service dogs. ASDW has kept expenses less than ½ of 1 percent of our income. We value every dollar that has so generously be donated to this wonderful program. We need to continue this journey in 2023, sadly there are still too many veterans that need our help. Because of your support in five and a half years ASDW has been afforded us to reach out to those in need and those who can help.

Amongst our donors a couple of years ago ASDW partnered with two mom's who lost their sons to PTSD. These two moms call themselves "*Angel Warriors*", and Angel Warriors they are! Through their own efforts they have raised and donated over \$135,000.00.



Angel Warriors last donation enabled ASDW to go over the million-dollar mark with their last donation of \$4000.00.

We need to make 2023 another great year as our work is not done! Great strides and efforts have been made by all who have been so supportive. We must continue to help the veterans who have been so gallant in protecting our great country.



**K9 Graduates for January 26, 2023 - See the graduation live on YouTube**

**Patrick AHEPA** has been paired with Army veteran, Steven, who lives in Hawaii. These two are currently training at our Ponte Vedra, FL campus.

**Atlas AHEPA** has been paired with Army veteran, Jorge, who lives in Texas. They are training together at our San Antonio, TX campus.



## AHEPA VETERANS REGISTRATION

*AHEPA Medal for Military Service is awarded to all veterans in Honor of their service to the United States.*

“The Mission of the Order of AHEPA Veterans Committee is to archive and recognize all veterans of the Order and Hellenic community through sound communication and publication. Furthermore, to conduct fund raising and philanthropic outreach through a cohesive, limited, yet well defined activity that reflects well on the Order of AHEPA and brings credit to the organization at large.”

The AHEPA Medal for Military Service, approved by the 106th Congress, was presented to all AHEPA veterans present at the 34th Biennial Congressional Banquet, March 29, 2000. The Supreme Lodge then encouraged its districts and chapters to present this medal to its deserving veterans unable to attend this banquet. It is this committee’s intent to register AHEPA Veterans and have the AHEPA Medal presented at appropriate events at the District and Chapter levels. Funds collected through this effort cover medal production and other administrative costs to include shipping. Remaining proceeds will be donated to the Wounded Warrior Program annually.

Eligibility requirement for AHEPA Medal for Military Service includes Honorable Service and Discharge. Service includes Active Duty, National Guard, or Reserve status of the United States Armed Forces.

**Register online at [www.ahepaveterans.org](http://www.ahepaveterans.org).** File a copy with your chapter Secretary after registration is complete. Medals are normally shipped in the fall and in time for Veteran’s Day celebrations in November.



*Ahepa Service Dogs for Warriors  
(please see article on next two pages)*



*Ahepa Veterans Affairs*

Learn more about  
these and other  
National Projects  
by visiting  
[ahepa.org](http://ahepa.org)

# THE MARBLES

In 1801, Thomas Bruce, the 7th Earl of Elgin, began the process of removing a collection of ancient marble sculptures from Athens, Greece. Created in the 5th century BCE, and credited to the sculptor Phidias, the loot included statues and plaques, and most famously of all, over 75 metres of a narrative frieze depicting the citizens of Athens in a religious procession.

The Parthenon had survived over two millennia, despite earthquakes, wars and occupations, and being used as both a Christian church and a mosque. Elgin wanted these for his own stately home but instead sold the priceless sculptures to the British Museum for £35,000 – to pay off his debts.



Since then, controversy has raged over this ‘acquisition’, with the poet Byron a fierce and early critic. Polls show that more than half the UK population and 73% of the UK’s Museum Association members believe the **Parthenon Marbles** (and other looted artefacts) should be returned to Greece – but the current government is adamant that the artefacts “belong here in the UK” and are well looked after.

**THE MARBLES** is a new documentary that takes a serious look at the history and the politics around this singular case. This is not simply about a disagreement between the UK and Greece – rather more, it asks fundamental questions about nationhood, history, identity and how we come to terms with the past.

We are a team of British filmmakers, and British citizens who all think that the UK should return the **Parthenon Marbles** to Greece, and when we say all, we mean **ALL**. No loan, not part of them, but all of them.

Greece is the UK’s friend, but this is not how friends treat one another.

**THE MARBLES** is intended to highlight the truth, not the fantasy that has built up over 200 years. Lord Elgin stole the **Parthenon Marbles**, which must now be returned to its rightful owner – Greece.

Museums, universities and other public bodies, in almost every country in the developed world, contain artefacts looted or dubiously acquired during colonial times or periods of armed conflict. And the majority of these institutions are conscious



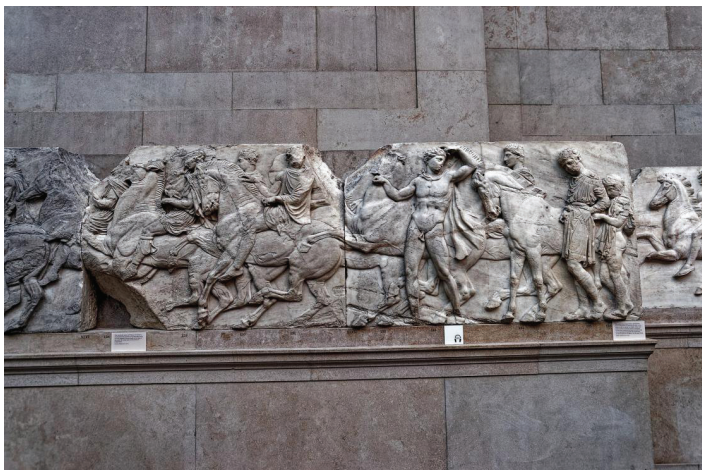
of this fact. While some refuse to face up to this dilemma, hiding behind legislation devised in less enlightened times, others are addressing this head-on with innovative, carefully thought-out solutions, and by forging a constructive dialogue with the artefact’s communities and countries of origin.

We have already filmed in London and Scotland, outside Lord Elgin’s home, which is where the **Parthenon Marbles** were originally intended to be housed, Fort William, Glasgow and Aberdeen University’s Benin Bronze. We have recorded interviews with historians, curators, activists and lawyers to understand the true, global significance of this case.

We are now seeking your help in raising funds to complete the film. As a truly independent documentary, we have had no conventional support – which has allowed us to keep a truly independent voice. In particular, we are seeking

funds to:

- Complete further filming in the USA, in Greece and elsewhere



- Complete post-production – editing, sound design and mixing, and preparing the film for distribution
- Ensure that we have the rights and clearances to use important historical images and archive footage

The repatriation issue has not so far been covered in a feature documentary before this. **THE MARBLES** commenced filming on **25th March 2021**, the 200th Anniversary of the start of the **Greek War of Independence**.



Director David Wilkinson writes, “In making **THE MARBLES**, I aim to put forward a compelling and detailed case as to why the **Parthenon Marbles** must be repatriated and reunited. Although I am 100% on the Greek side of the debate, I will, of

course, also include those who would argue that they should remain in the British Museum, allowing them to put their case. I believe that most people who watch the film will agree that the **Parthenon Marbles** must be returned, including the citizens of the United Kingdom.”

Some of our contributors so far:



#### Top Row

*Dame Janet Suzman is one of the UK’s leading campaigners for the return of the Parthenon Marbles; Neil GW Curtis is Head of Museums & Special Collections, University of Aberdeen; Marlen Godwin, a long time British campaigner for the repatriation of the Parthenon Marbles.*

#### Middle Row

*Tom Minogue is a private individual living in Scotland near the seat of Lord Elgin and has campaigned for the repatriation of the Parthenon Marbles; Alexander Herman is the Director of the Institute of Art and Law. Patricia Allan is an expert in the repatriation of artefacts with dubious provenance.*

#### Bottom Row

*His Excellency Ioannis Raptakis, The Greek Ambassador to London; Mark Stephens, CBE, is a media and Human Rights lawyer; Clare Clifford long time British campaigner for the repatriation of the Parthenon Marbles.*

## Greece's Secret Green 'Virgin Island'

Lisa Morrow, CNN

The Greek island of Samothrace is a vision in green. The craggy rocks of Mount Saos, the island's highest mountain at 5,285 feet (1,611 meters), give way to gentle slopes covered in oddly shaped plane trees, oak woodlands and majestic cedars.

Fed by the clear waters of three rivers, rare and endemic plants flourish. Vegetables thrive in fields around the port of Kamariotissa near the island's western tip, while olive trees and solar panels line terraces carved out along the southern coastline.

Located in the Aegean Sea near Greece's northeastern border with Turkey – the island is a short ferry ride from Alexandroupoli on the mainland – Samothrace was once known across the ancient world for its religious sanctuary. Today it's a magnet for ecotourists. Here are some of its highlights.

### An island of 'young feet'

Therma on the north coast, is a good base for exploring the island. Most of the accommodation here is simple, focusing on engaging with the environment as much as possible. Who needs luxury when there's a creek playing a symphony outside your window?

Nature is what it's all about, according to Kaliopi Parselias, owner of Parselias Studios for more than 30 years. "Samothrace is a different island," she says. "You have green forests, rivers, waterfalls and people come to walk up the mountain and some people love the sea. It is a virgin island."

Parselias has run the B&B for more than 30 years, and initially their guests were mainly Greek families with a few Germans. "But now we have people from all over Europe," she says. With just one caveat: "Young people, because Samothrace needs young feet for walking."

Many of them choose to stay at Camping Varades, right next to the sea, named after "varades," a kind of beehive inside hollow trees, explains manager Anastasios Vavouras. Bees work as a cooperative, of course, and the campsite is collectively owned

by seven people. Their aim, he says, is to offer visitors "an alternative way of spending their holidays here... focused on mountain activities, in a quiet, more free environment."

The majority of campers are Greeks in their 20s and 30s, like Giannis Tsakiltsidis, a student from the mainland on his first visit to the island. "You can spot campers of all ages, here to experience a more undisturbed and more undiluted view of Greece," he says.

Tsakiltsidis has come here to hike. Ancient paths crisscross the mountains and the hikes range from being suitable for beginners through to more serious trekkers.

### River hikes and waterfall pools



*The island is known for its 'vathres,' or waterfall-fed pools.*

Across northern Samothrace, waterfalls cascade over smooth rocks forming vathres, naturally occurring river pools. The three on the Tsivdogiannis River, just outside Therma, are the easiest to reach. It's impossible to touch the bottom of the first vathra with your feet, but Gria Vathra, the second, is not so deep. Naked hippies appear like water nymphs, gliding past clothed swimmers with aplomb. They wade through the water, scant belongings bundled on their heads, before clambering across and up a rock face to the third pool.

Three more vathres are located on a track starting around three and a half miles further east of Therma along the coastal road. The river flowing through these is the Fonias, which starts at Mount

Saos and flows out into the sea. Fonias means “killer” in Greek, which definitely suits its brutal power when the water overflows. In dry weather, however, the path to the first vathra is a fairly easy walk of under one hour. Families, some with toddlers, skirt the riverbed alongside huge plane trees, gold tinted bracken and aged gray stones.

At the first waterfall, also called Fonias, people sun themselves as children paddle in the shallow outer ponds, and swimmers attempt to stay put under the bracingly strong falls of the first vathra. Halfway up the rock face there’s a rope attached to a tree. The brave swing out, Tarzan-style, before torpedoing into the icy waters below.

The second vathra, Gerania – which is also fed by a waterfall – is a further 30-minute hike.

The fashionably young attempt the ascent clad only in bikinis and sneakers, but hiking boots are useful. The first section involves a steep climb aided by a metal cable, then a challenging zig zag up a dry watercourse leading to a level narrow track edging around the mountain, (only some of it is fenced). A brief final descent reveals your reward: a shimmering iridescent green body of water. Blue-bodied, black-winged dragonflies, each marked with a single yellow dot, skitter away across the surface, as the humans continue unperturbed with their cleansing rituals.

The path leading to Kleidosi, the third waterfall, is also nicknamed “killer,” and for good reason. It’s not recommended.

### Mountaineering for pros

The round trip from Therma to the peak of Fengari, as the Greeks call Mount Saos, is just over 11 miles but according to Vavouras, only the “most daring” aim for the top. “It’s a difficult path to climb, but there are structured paths so you’re not at any risk of any danger, slipping or falling,” he says. Like many trails on the island, this one comes with warning signs along the way. Remember, you’re on your own if anything goes wrong.

### Beaches and boating

For the less energetically inclined there are springs-fed thermal baths in Therma dating back to Byzantine times, plus beaches everywhere.

Kipos, near the eastern coast, has beautiful bluish coloured pebbles while Pachia Ammos in the south is the island’s only sandy beach. Boat trips starting from Kamariotissa or Therma stop at Vatos Beach (near Pachia Ammos but otherwise only accessible via a grueling hike), and take you past Kremasto Nero. Meaning “Hanging Waterfall,” at full flow the water plummets directly into the sea without touching the cliffs, hence the name.



*Pachia Ammos is the island’s only sandy beach.*

Further round the south coast, stark gray rocks loom menacingly over the waves, covered in what looks like a giant work of abstract art. This is Tis grias ta pania, or “old lady’s laundry.” Legend has it that one day a fierce wind blew a woman’s washing onto the rocks. Angry at her loss she rained out curses, turning her clothes to stone.

### Ancient remains

History buffs are also catered for on Samothrace. The Arsinoëion, or Sanctuary of the Great Gods, is where the statue of Nike, known as the “Winged Victory of Samothrace,” was found. Sculpted in the second century BCE and now displayed in the Louvre, it’s one of the most famous ancient works of art. The temple pre-dates the time of classical Ancient Greece, and was once the religious center of the North Aegean. It’s been partially reconstructed and there’s a replica of the Nike in the small museum.

### Chora

Set high up on Mount Saos, Chora is the island’s capital. At the citadel built in the 15th century by Genoese ruler Palamedes Gateluzzi, it’s worth



grabbing a coffee from the cafe at its base and enjoying the view of town. There are pretty streets to wander where flowers spill from window boxes and tree branches create canopies over restaurants and cafes.



*Medieval Chora is the island's main town.*

The small Folklore Museum of Samothrace is laid out like a traditional village home, filled with religious icons, photographs and household items. Look out for a raki still that looks like an enormous turkey baster, with a bulb made from copper and a long metal nozzle attached. As well as regular souvenirs like magnets and windmills you can also buy shepherds' crooks.

### Goats and veggies

There are goats everywhere on Samothrace. In the simply named Goat Shop in Chora they're on T-shirts, bags and bandannas. Elsewhere they loiter aimlessly on roads, stand on branches chewing mindlessly and foraging among the walnut trees. "Our goats are famous throughout Greece," says Parselias – but not for the reason you might think. "They graze near the sea, so they're very tasty."

The best goat dishes are found inland at family-run restaurants in leafy forests or with gorgeous sunset views. Bare-chested youths mingle with multi-generational families, up to their elbows in goat meat washed down with glasses of ouzo or Fonias beer from the island's microbrewery. Locals have more than 20 different ways to prepare goat. Whether cooked in the oven with plums, marinated in red wine or smothered in quince, almost everything on the menu is bred, grown or made by the people serving you.

It's not all meat, though – there's great seafood, as you'd expect from a Greek island, and vegetarian specialties include fasolada tsigirista, a bean stew that's cooked and allowed to sit for a day before being fried. Several Therma restaurants have vegan options including non-dairy versions of spanakopita, a traditional Greek pie usually made with spinach and feta.

Some restaurants sell their products on-site, and you can buy cheese, honey and olive oil direct from farms around the island.

### Partying with the hippies



*Visitors come to enjoy Samothrace's laidback vibes.*

At night Therma comes alive with a street market. Islanders sell well-crafted jewellery using semi-precious stones, hand-tooled leather bags and more. Dreadlocked women in tiny tops and bearded men in baggy shorts drift slowly into town. They dine late, talking excitedly, before falling silent to listen to haunting renditions of traditional songs. Before long, everyone joins in. When the moon is full, it's time to party – in an environmentally aware manner of course.

The people working in tourism on Samothrace have grown up here, and none of them take its wild beauty for granted. They work together to protect it, because as Parselias says: "Samothrace has very good energy. People say it is calm. When they come here they are tired, have many problems. After one week, they are new people."

Whatever you come for – whether it's the walking, the beaches or the food – she knows you'll be back.

## Mina Stone and Amy Sedaris Have A Big, Fat, Greek Chat

By Caitlin Lent



In a sparse, light-filled room on the ground floor of the former schoolhouse that houses MoMA PS1, you can find chef and writer Mina Stone at the helm of her eponymous taverna, Mina's. The menu couldn't be more different from traditional museum café offerings, which have historically elicited the same sort of ire from patrons that 90's stand-ups levied towards airplane food. At Mina's, museumgoers can expect Mediterranean small plates like fenugreek and sumac-dusted bread studded with golden raisins paired with a sharp, savory beet tzatziki. The stark walls and minimalist design call to mind both the whitewashed Cycladic seaside and a chic downtown gallery, both places in which Stone would feel at home. After all, Mina's seems to be the perfect intersection of Stone's cooking philosophy, decoded in her two books—2015's *Cooking for Artists* and her most recent *Lemon, Love & Olive Oil*.

The former brought together recipes from her time as a chef working closely with the NYC art

scene, most notably at the Red Hook studio of the artist Urs Fischer, with whom she collaborated on the book's design and illustrations. For *Lemon, Love & Olive Oil*, Stone turns inward, weaving together Greek recipes, techniques, and stories passed down from her grandmother. What both of Stone's own cookbooks share is a love for simple, artfully prepared food. So simple, even, that one recipe includes little more than the instructions for frying an egg, Greek style, in olive oil. Stone has found a kindred spirit in comedian Amy Sedaris, an unconventional cooking star and fellow olive oil enthusiast, who she sat down with for a conversation on all things Greek—from the best feta in New York to the subtleties of Hellenic hospitality.

— — —

AMY SEDARIS: Hey, Mina. You look really nice. What's that behind you? I love your little knife rack. And cookbooks. That looks cute. This is your kitchen, I assume.

MINA STONE: There you are!

SEDARIS: There's my book! [Laughs]

STONE: And that [painting] is the view from my grandma's living room, which was outside, in Greece.

SEDARIS: I really like where you have it. It's kind of crooked, and that's really nice. Look at us, having a chit-chat. I'll start off by saying, I got that feta cheese you recommended.

STONE: The Arahova one? What'd you think?

SEDARIS: Yeah. I like the other one more. The one that starts with a D.

STONE: Dodoni.

SEDARIS: I like the Dodoni. The other one was a little too salty for my liking.

STONE: Did you buy it in the plastic container?

SEDARIS: No. Fresh from Titan in Astoria. That grocery store.

STONE: And you still didn't like it? Because when I get it and it's in the plastic thing, I also think it tastes too salty. But when I get it from Titan, from those barrels, it's really delicious.

SEDARIS: So I'm a big fan of your cookbooks, as you know. They're so simple that even I can understand. I like looking and reading cookbooks, I very seldom follow a recipe. I kind of make what I make. Once in a while I'll try something new, but I just have a hard time following recipes. But yours

are really easy and the ingredients are so simple. I was like, “Who is this Mina?” We have a mutual friend, Adam Selman, and he’s like, “Oh my God, she’s a friend of mine.” We like picking recipes from your book and making them.

STONE: That makes me so happy. I was thinking as you were talking that when someone cooks a lot and they entertain a lot, which I know you do, I think that you end up using a cookbook as a source of inspiration, not to follow any recipes. You want to look at a cookbook because you’re like, “Oh, I could add that to my repertoire.”

SEDARIS: Right. Did you go to Greek church on Christmas?

STONE: I did not. My mother’s not religious at all. It is a huge part of her identity. She was a leftist, rising up against the dictatorship in Greece in the 70s. She really backed away from anything church-related. Much to my chagrin as a kid, because I wanted so bad to be a part of some Greek community in the United States.

SEDARIS: We went to Greek church, the one on 74th Street. My brother, David [Sedaris], said, “Do you want to go to the service on Christmas Eve?” And we were all like, “What?” We were always made to go to church. But it’s so different from our church. It put our church to shame. I don’t know the name of it, but it’s a megachurch. You know the one?

STONE: I do.

SEDARIS: It was thrilling. In North Carolina, ours almost looks like a high school production of something, a little bit tattered. But what I like about it is that all the icons that we grew up with are still there and some of the Greek people are still alive. It’s so homey. You have the blood-red carpet, and all the candles going, and incense. I just love the smell of Greek candles. The beeswax candles. I always have them in my apartment. And when you blow them out, it’s just that smell of Greek church.

STONE: It is a really nice smell.

SEDARIS: God. Nothing’s better.

STONE: It’s true. Your dad was the Greek one, right?

SEDARIS: Yes, my mom wasn’t Greek. The Greek church didn’t really accept her right away. But the women were very open, and that’s where she learned a lot of Greek cooking. She cooked a lot of Greek food, and we celebrated the Greek holidays, and our Greek grandmother lived with

us growing up. It’s blurry to me. It seemed like 35 years, but it might have been just two.

STONE: Where were they from in Greece?

SEDARIS: This tiny village called Apidea.



STONE: Where was your mom from?

SEDARIS: Well, my parents were both from upstate New York, but my mom was English, Welsh, French, that combo platter. I learned cooking from my mom.

STONE: She just dove in and learned all the Greek food.

SEDARIS: My Greek grandmother did a lot of cooking in the house. She made kolokythokeftedes a lot. And I don’t know the name of the dessert, but you fry it. It’s really big, and I think you put cinnamon on it.

STONE: I think they’re called diples.

SEDARIS: But that olive oil cake you made me, that was really good. What’s the name of it?

STONE: Just “olive oil cake.” I didn’t learn it in Greece. It’s not a family recipe. It’s three different recipes combined, and then the sugar cut in half. And it lasts forever.

SEDARIS: So, I haven't been to your restaurant. Where is your restaurant?

STONE: It's at MoMA PS1 in Queens.

SEDARIS: Is it a full-on restaurant? Is it open at night, or during the day?

STONE: It's a full-on restaurant, but it follows museum hours. It's really for when you go to see the show. Some people come to just eat at the restaurant, but I do think the hours can make it tough sometimes. We've got a full menu. We went through a hard time, because we opened right before COVID. But now we're having a lot of fun there.

SEDARIS: Do you have any favorite Greek restaurants in the city? I haven't found the perfect Greek restaurant.

STONE: I don't want to knock anybody's restaurant, but it's hard to find good Greek food in New York City, weirdly. This one place we go to in Astoria is called Stamatis. Amy, I think you would like that a lot. If you were to take your whole family, it's just big tables, good Greek food. All the waiters are Greek.

SEDARIS: Oh, that's great.

STONE: It's very endearing to me.

SEDARIS: You bring the wine over, you uncork it, you just put it on the table, you serve it yourself. I love that.

STONE: I think about how that's informed a lot of my cooking as well.

SEDARIS: Yeah. That's the style I like. Come-and-get-it mentality. Or you put it in the oven, you walk away, you come back, and it's ready. I like food like that.

STONE: I was thinking about my Greek heritage a lot recently, because I haven't been going to Greece as much as I used to. And I was thinking about you, because I was thinking about how important your Greek heritage is to you. And you also don't travel there, right?

SEDARIS: I've been twice, but I haven't been since '83.

STONE: Yeah, it's alive through your family. For me, my Greek heritage was really tied in with going to the country. So I was thinking about how with Greek food, there's this subtlety to entertaining. So much of Greek food can be made ahead of time and then as a host you can be a pretty chill

human being.

SEDARIS: That's what I like about it. Everything can be eaten at room temperature.

STONE: Yeah.

SEDARIS: I used to entertain a lot. And then I did the book *I Like You*, and then I stopped entertaining for large groups. Now it's more one-on-one, maybe a couple people over. Everyone's got these major food restrictions now. A lot of vegan people, vegetarians. It's a lot of asking ahead-of-time instead of just coming up with whatever menu you want. I just like to make it easy and not have to ask anybody any questions. Like, "Come for dinner Wednesday." It's killed the dinner party in a lot of ways.

STONE: I think that if you go to someone's house, it's nice to just eat whatever they serve you.

SEDARIS: Right. I don't like to bother anybody. I don't want to have to ask, I just want to do it. So I'll just have it all, all the options. I'm like, "Okay. Well, they can have some green beans." Greek green beans are great.

STONE: It's a great dish, I grew up eating it.

SEDARIS: The only thing I never nailed with Greek cooking is Greek potatoes, with the oil and the lemon and oregano. I just feel like I haven't practiced with potatoes that much when I'm cooking Greek.

STONE: I never make Greek potatoes either. I think that I failed too many times. It is a really delicious thing when you have it, and it's really lemony and salty, soaking up some sort of animal broth.

SEDARIS: I've only done it a couple times, but making french fries with olive oil is a real extravagance.

STONE: I have a recipe in my book for Greek fried eggs. We fry eggs in a lot of olive oil. And I think it's so brilliant, because you spoon the hot olive oil on the white, and it cooks the egg perfectly. And I got a lot of pushback for that recipe.

SEDARIS: Really?

STONE: People were like, "This is not a recipe." And I was like, "I understand that, but it is to me."

SEDARIS: That's what I liked about your book. It's just perfect. Here's a question. Why did you choose to name your restaurant after yourself?

STONE: I'll tell you that I didn't name it. My husband did. Because he was like, "I want it to feel like a Greek mom's restaurant." It's a taverna, like

the one I just told you in Astoria. It's just named after the mom, or the dad, or whoever, and it's like you're home.

SEDARIS: What's your strongest food memory?

STONE: My grandma passed away four years ago, but we were really close. And when I would go visit her in Aegina I would rent a car, and she'd get so excited and she would call me her chauffeur. It was a whole thing we did together. And we would go shopping. Because she didn't drive, it was always a project for her to get to the grocery store. So when I was there, we just went to the grocery stores every morning. And on our way home we would stop at the bakery and we would get a fresh loaf of semi-sourdough bread. And when we would get back home, I would just break off chunks of it and we would put butter and Greek honey on it. I remember that combination being one of the best things in the world. I want to create a butter and honey cake that tastes like that. It's not too sweet and it's not too sugary, it's that amazing combination of somewhat melted butter and the Greek honey that has a very specific flavor to it. How about you?

SEDARIS: Mine's more like, "Oh, I liked having fish every Friday night. I liked having a roast every Sunday." I was really into menu planning when I was little. We had this newspaper and there was a little paper within the paper called the "Mini Page" for kids and it would have all the school lunches. A fantasy of mine is just to have a little hole-in-the-wall, a refrigerator with some drinks and Greek pastries. There was an old grocery store near me. It's no longer there. But I like that at 6:00, 7:00 at night, there'd be a bunch of men in line at the steam table getting dinners for one.

STONE: It's very utilitarian, that model. A restaurant for single men. I think I would find myself there. I'm feeling so tired of cooking, weirdly, unless it's at work. In my own home, I've stopped cooking.

SEDARIS: Oh, really? Who's cooking?

STONE: My husband's an incredible cook, and also Greek.

SEDARIS: Great.

STONE: I think cooking for fewer people is more stressful than cooking for more people.

SEDARIS: That makes sense.

STONE: Because the cleanup is almost the same. You're using the same pots and pans.

SEDARIS: What do you put in your Greek salad?

STONE: I make it pretty traditional. I don't put lettuce, but I do like that version too. I like every variation of a Greek salad. But when I make it at my house, I make it with tomatoes, cucumbers, peppers, onions, feta, and then I like putting olives and capers in there.

SEDARIS: I could go for a Greek salad right now.

STONE: Sometimes I forget about the Greek salad, and then I make it.

SEDARIS: Especially when tomatoes are in-season. Nothing's better than August Greek salad.

STONE: The best.

SEDARIS: With some good bread.

SEDARIS: You know, I always judge a Greek cookbook by their avgolemono soup.

STONE: Funny you bring this up, I realized just recently that I do have some thoughts on it. Wait, what are yours?

SEDARIS: On Christmas Eve we have avgolemono soup and this year my brother's boyfriend made it. I haven't made it in a while. I just see who puts flour in it or corn starch in it, how many eggs they use, if they use orzo or if they're just calling it rice. I've seen avgolemono soup a pinkish color.

STONE: Yeah, that's strange.

SEDARIS: Which I'm not used to. My mom made it so well.

STONE: I'm making it right now. I just turned it on.

SEDARIS: You are? Oh, look at you cutting to a pot. Well, let's hear your thoughts on avgolemono soup.

STONE: It's funny. My grandmother and her sisters, she had four sisters, they would judge everybody by how many eggs they used in anything. They would always try to find ways to leave eggs out. I never put flour or corn starch in it. I don't like it when it's thick like that. I like it brothy, and I like potatoes in it instead of rice.

SEDARIS: Oh, interesting. We roast the chicken. We don't put it in the soup, and we use orzo, I want to say three eggs, and chicken broth. My brother's boyfriend can whip the egg whites, but I use a mixer. That's how I get it frothy.

STONE: I've never tried that. Does it add a lovely consistency to the broth?

SEDARIS: Yeah, but it's still brothy. It's not super

thick. Unless maybe two days later you can see it thicken up, especially with the orzo in there. And then we serve the chicken on the side, where you can put it in the soup. Oh, that's a perfect thing to make today.

SEDARIS: That's funny about the eggs. How many eggs do you use in your spanakopita? True confessions. Come on, Mina.

STONE: I use two.

SEDARIS: Wow.

STONE: How many eggs do you use?

SEDARIS: I use a lot. Five is my guess.

STONE: That's great. I bet it keeps it together and makes it fluffy.

SEDARIS: Yeah. And then last time I made it, I added some ricotta cheese.

STONE: I just learned something from you, which is that I have a deeply-seated hangup with eggs from my family that does not belong to myself at all. And I should just use more eggs.

SEDARIS: See? I'm here to help.

STONE: I got lazy about it. I was like, "Well, whip one into the soup."

SEDARIS: Greeks aren't so easy to give up a recipe. They leave something major out of it.

STONE: I thought of you, because one of my good friends collected all of her family recipes, and she photocopied them and put them into this spiral-bound book. She gave a copy to me, and it felt like a huge honor for exactly what you're describing. Because I'm like, "Is that really what the recipe is, or are you leaving out half of the instructions?"

SEDARIS: Well, it's your thing. It's also like teaching Adam how to make spanakopita. It's great, but that's also my little party trick. You have a wine [at Mina's] too, right?

STONE: Oh, yes, I gave you some of that wine. It's just from a vineyard we really like, and we imported X number of bottles. And we can put our own label on it, which my husband designed.

SEDARIS: That's fun.

STONE: Greek natural wine, which is just standard in Greece in big plastic bottles, was not readily available here. But now, I think it's having its day

in the sun.

SEDARIS: I agree.

STONE: I mean, the Greeks have been making it since the beginning of time. And they have all these cool techniques that I'm just learning about. It's really interesting. I want to go on a whole wine tour of Greece.

SEDARIS: That sounds fun. So, are you working on another cookbook right now?

STONE: I thought about it. I started compiling things and I was like, "I am not ready. I'll know when the time is." Because as you know, it's a massive undertaking. I can't even really believe so many books and cookbooks exist in the world in the first place.

SEDARIS: For me, the hard part was, first, my books aren't going to teach you how to do everything. I'll be like, "Take a roasted chicken." I'm not going to teach you how to roast a chicken. But a lot of it was still describing, like, cutting a potato. It hurt my brain to describe techniques. You just figure it out.

STONE: That is a really hard part of it, because you're basically doing technical writing for every single thing that you cook, and what's inherent in your head isn't to the person reading it.

SEDARIS: Sometimes I think about doing a small Greek cookbook. Just my favorite recipes. But it's still a big undertaking. [I Like You] was more of a visual book. Photography and sets. It made it a lot harder than it had to be, but that's the part I liked.

STONE: And it really works.

SEDARIS: Now it's so filthy. The pages of my cookbooks are stained, and I love that. That's how I can find the recipe.

STONE: Cookbooks, for me, are journals. They capture a period of time, and I don't think enough time has passed for me. I would love the "Greatest Hits of Greek Cooking" cookbook.

SEDARIS: Basic, easy, uncomplicated.

STONE: I hope you do make that book.

SEDARIS: We'll see. I actually want it for myself, just so it's in one spot.

STONE: Right.

SEDARIS: After my mom died, I took all the

recipes, put them together, and made a cover out of construction paper. I stitched a cross on it. Just so everybody had mom's recipes.

STONE: Oh, that's so cool, Amy. That's a real cookbook.

SEDARIS: Are you kidding? Your cookbooks are real cookbooks.

STONE: Just a collection of the food your mother and grandmother cooked for your whole family, that's so cool. Three generations in a self-bound book.

SEDARIS: Everybody keeps it alive. That's why I liked going to church on Christmas Eve. Growing up, the service was in Greek, and none of us could speak Greek. So, we could make up our own religion. But visually, we all walked away with the same thing. It was just so beautiful.

STONE: I feel the same way. I'm creating my own traditions too, as time goes on.

SEDARIS: I love that. I should make some Greek meatballs now. If I had a date and they were coming

to my house, I liked making them. Because who else was going to make that for you?

STONE: Nobody. That is so impressive. I've never been able to do it.

SEDARIS: Oh, really?

STONE: Yeah. I need to try again. I would do them with my grandma and I would just fail. Maybe it's the eggs.

SEDARIS: Back to the eggs. I love that that's what you've learned from this conversation, your issue with eggs. You've got to get past that, Mina.

STONE: Yeah, I know. [Laughs] This has really just been a therapy session in the end.

SEDARIS: Next time you do go to Greece, I'll beg you to bring back some of that good dye for Greek Easter eggs. Because I'll buy it at the International Foods on 9th Avenue, but they don't get the stuff they used to get. I've got a couple packets stashed, but I want that blood-red dye.

STONE: I will happily get that for you.



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## Lifestyle, Labeling, and Banned Ingredients: Why Travelers Lose Weight in Europe

By Associated Press



Tourists take a selfie in front of the Trevi Fountain, in Rome, Monday, June 20, 2022. (AP Photo/Andrew Medichini)

When Melissa O’Leary traveled to Tuscany last year, she indulged in the local culinary fare—no restrictions. She recalls fresh tortelli and pappardelle pasta, Panzanella, Tuscan bread, pastries, and local wine hitting the table during a daily dining schedule that typically spanned 7 in the morning to the wee hours of the night.

Yet, like so many who have visited Europe and partaken in local cuisine without dietary restrictions, O’Leary found that she lost weight during the vacation.

Many Americans have noticed that they count calories, test out radical diets, and exercise regularly in their home country, yet often struggle to lose weight or maintain a steady body mass. Yet, U.S.-based travelers report shedding pounds despite indiscriminate dietary choices on both brief jaunts and long-term stays in Europe.

This has led many commentators to speculate that there is something about the American diet or the ingredients in the food that Americans purchase at their local supermarkets that accounts for nearly 40% of American adults being obese. A close examination reveals a combination of factors that help explain the Euro vacation weight-loss effect.

### An Active European Lifestyle

A common theme emerges in firsthand accounts

of those who lost weight while vacationing in Europe: walking.

Patricia Palacios, the founder of the destination website *España Guide*, explained the cultural significance of walking in her home country of Spain and many other European nations.

“For most Europeans, walking from place to place is totally normal and even enjoyable,” Palacios noted. “In Spain, it is very typical to go out for a leisurely stroll, usually in the evening. Even when we go out for tapas or pinchos, there will be walking. You go to one bar, eat something small and then you head to the next one.”

Some American cities, including New York City, Washington, D.C., San Francisco, and Boston, offer robust public transportation options and a walkable layout. Walking is more common in these cities than in most other American locales.

But as a cultural and practical matter, walking tends to be more prevalent in more European cities than in the United States. Correlated health effects of walking, including weight loss, are therefore to be expected when Americans experience the European lifestyle for any period of time.

### Light on Processed Food, Heavy on Nutritional Food Labeling

Observers note that while there is processed food, drive-thru dining, and other nutritional hazards in Europe, their prevalence appears far less than in the United States.

“When you go into an Italian supermarket, you do not find junk food,” O’Leary explains. “They have a couple of brands of chips, and everything else is food you need to cook.”

European shoppers may also be more in tune with what they purchase at the supermarket. Blanca Garcia, a Registered Dietician Nutritionist at Health Canal, explains that several European governments have taken active steps to simplify nutritional literacy through food labeling.

“In the Netherlands, processed and frozen foods are labeled with a grade scale,” Garcia said. “The letter A in green means it’s very healthy, and the letter E is not so healthy, an easy way to recognize what is good or bad.”

Garcia is referring to the Nutri-Score food labeling system, pioneered by French public health agency



Santé Publique and used in France, Belgium, Switzerland, Germany, the Netherlands, Spain, and Luxembourg as of January 2023.

Products receive a score ranging between A (most nutritious) and E (least nutritious), and either the producer or seller of the food or beverage affixes a corresponding label to the packaging.

The Government of the Netherlands also passed The National Prevention Agreement in 2019. This legislation urges food manufacturers to reduce the amount of fat, sugar, and sodium in their foods by reformulating processed products.

Such top-down measures aimed at promoting good nutrition also promote the perception that Europe, by and large, offers a healthier dietary landscape than the United States.

#### Europe Banned Several Ingredients Commonly Found in American Foods

While the typical European walks more and has access to clearer nutritional information than their American counterpart, what about the actual food they eat? Is there something different about pasta one might buy in America, for example, than pasta they'd find in an Italian supermarket?

Possibly.

"The majority of wheat in the U.S. tends to be higher in protein content (often gluten) and is known as hard red wheat," explained Yelena Wheeler, Registered Dietician at Measurement Instrument Database for the Social Sciences (MIDSS).

"The wheat utilized in Europe is that of soft wheat, which tends to be lower in gluten. For those with gluten sensitivities, consuming bread products with less gluten in them will in turn result in less bloating and sluggishness."

In addition to differences in the way that food manufacturers source wheat and other ingredients, American food and beverage manufacturers are permitted to use certain ingredients and pesticides that have been banned in the European Union (E.U.).

"Certain hormones such as rBHG are banned in the E.U., however, are allowed in the United States," Wheeler noted. "Certain pesticides such as Paraquat and Phorate are still being used in the U.S., however, are phased out in the E.U."

Per the U.S. Department of Agriculture (USDA), the

E.U. banned titanium dioxide in 2022. Past studies indicate a correlation between titanium dioxide and inflammation, oxidative stress, cell damage, and genotoxicity. Yet, American consumers will find this ingredient listed on a variety of foods and beverages in any given supermarket, from milk to chocolate and snack foods.

By banning titanium dioxide, the E.U. reinforced its commitment to phasing out ingredients with known adverse health effects or whose safety is in question. Other ingredients restricted or banned in the E.U. but not in the United States include potassium bromate and azodicarbonamide (ADA) (used in baked goods but linked to cancer in animal studies),

BHA and BHT (flavoring and preservative substances designated as likely human carcinogens), certain food dyes, and several growth hormones for livestock and other farm animals.

While the United States Food and Drug Administration (FDA) has banned synthetic flavoring substances and other ingredients over the years, the perception is that regulatory action in the U.S. food and beverage industry is slow-moving and, for many who develop life-threatening health conditions, including obesity, too little too late.

#### The Verdict

European travelers are often astonished that they can eat what they eat and emerge from their trip pounds lighter than on arrival. Many report walking far more than they would during their typical day in America, and most also report eating fresh, unprocessed foods—even when those foods are ravioli and crème brûlée.

While the European lifestyle of walking from place to place will positively affect weight loss, so may the concerted efforts by European governments and food manufacturers to rid the food supply of potentially harmful ingredients and alert consumers when nonnutritious ingredients are present.

This confluence of factors removes all mystery from a common question: How could I have possibly eaten like that (in Paris, Tuscany, Berlin, or Barcelona) and lost weight?

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